

BICEP CURL

Instructions:

Sit and adjust the back rest and arm rest so your elbow joint is aligned with the pivot point.

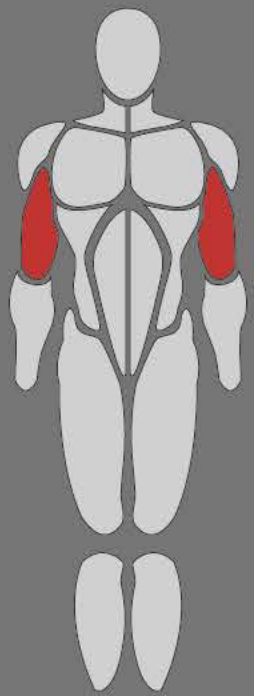
Set the starting position by adjusting the handle to a comfortable, extended position.

Insert selector pin in weight stack at desired resistance level

Grasp the bicep handles in a horizontal or angled position

Flex you arm upwards at a smooth, controlled rate.

Pause for a moment, then slowly return to the starting position and repeat the movement.



Muscle Group:
Biceps



TRICEP EXTENSION

Instructions:

Sit and adjust the back rest and arm rest so your elbow joint is aligned with the pivot point.

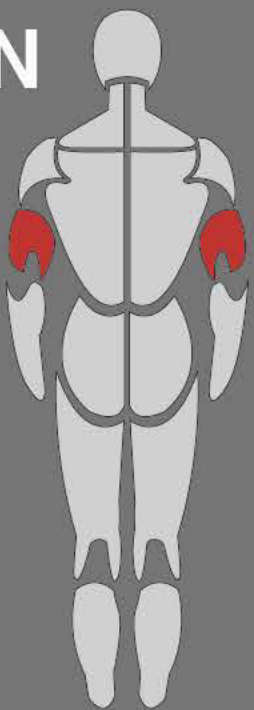
Set the starting position by adjusting the handle to a comfortable, upright position.

Insert selector pin in weight stack at desired resistance level

Grasp the tricep handles in the angled or horizontal position.

Flex you arm downwards at a smooth, controlled rate.

Pause for a moment, then slowly return to the starting position and repeat the movement.



Muscle Group:
Triceps

